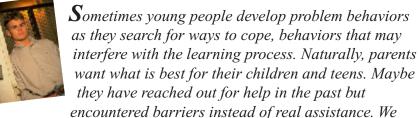
## Removing barriers so parents can help and youths can achieve



want parents to know they can come to professionals for help. We understand it's important for families & schools to work together.

#### Address the Situation

When a problem is identified involving a youth's behavior, it needs to be addressed as soon as possible. In seeking help, there are many options available through the public mental health system. The family and school are encouraged to access services and work together on behalf of the young person.

## Choose a Mental Health Care Provider

Once your family chooses a provider (See back panel), it's a good idea to call for an appointment immediately. For extra assistance, please call the Lucas County Enrollment Center at 419-213-4618.

### Getting Started: The "Intake" Process

The first appointment is called an "intake". You will be asked why you are seeking help - it is best to be as open and honest as possible. This is the family's opportunity to ask about professional credentials, concerns about confidentiality or payment and the parent's responsibility



during the treatment process. The provider will guide the family in determining a treatment plan. Providers may wish to see the whole family together, the youth alone or the parent(s) alone. Early in the process, it is also a good idea to appoint a family "spokesperson". This person can be responsible for making formal contact with the school and treatment professionals.

## The Healing Power of Communication

Communication between the provider and school can help ensure effective and appropriate treatment for your son or daughter. The legal guardian's signature is needed on "Release of Information" forms to allow information to be shared. It is helpful if everyone involved works together in the youth's best interest. This includes the family, school personnel, mental health providers and other professionals or significant other(s) involved with the youth.

## More Support for Families

Sometimes communication is a challenge, especially when the topic involves the mental health of your child or teen. If you would like to speak to an advocate and learn about clients' rights, call the Mental Health Board's client rights officer at 419-213-4600. Another important resource is the National Alliance for the Mentally III (NAMI) of Greater Toledo. NAMI, the nation's largest grassroots organization with a mental health focus, is a strong advocate for families and youths. For information about parent support groups and educational classes, please call 419-243-1119.









## Mental Health Care Providers Serving Youths

The public mental health system is funded with tax dollars - your tax dollars - and we are here to serve you.

#### **Catholic Charities**

1933 Spielbusch Ave. Toledo, Ohio 43624 Phone: 419-244-6711 Fax: 419-244-4860

www.catholiccharitiesnwo.org

#### **Connecting Point**

1212 Cherry St. Toledo, Ohio 43608 Phone: 419-243-6326 Fax: 419-243-6346 www.connectingpoint.org

#### Family Service of NW Ohio

One Stranahan Square, Suite 414 Toledo, Ohio 43604 Phone: 419-244-5511 Fax: 419-321-6459

#### Harbor Behavioral Healthcare

4334 Secor Road Toledo, Ohio 43623 Phone: 419-475-4449 Fax: 419-479-3230 www.harbor.org

#### **Lutheran Social Services of NW Ohio**

2149 Collingwood Blvd. Toledo, Ohio 43620 Phone: 419-243-9178 Fax: 419-243-4450

#### **Medical College of Ohio (MCO)**

3000 Arlington Ave. Toledo, Ohio 43614 Phone: 419-383-4000 Fax: 419-383-3031 www.mco.edu

#### **Rescue Mental Health Services**

3350 Collingwood Blvd. Toledo, Ohio 43610 Phone: 419-255-9585 Fax: 419-255-2801

#### **Unison Behavioral Health Group**

544 E. Woodruff Ave. Toledo, Ohio 43624 Phone: 419-242-9577 Fax: 419-321-6913 www.unisonbhg.org

## More Information = More Support

For more information, please call 419-213-4600 or visit the Lucas County Mental Health Board Web site at www.lucascountymhb.org. The National Alliance for the Mentally III (NAMI) of Greater Toledo is a great resource for families. For information, call 419-243-1119 or visit the Web site at www.namitoledo.org.

The Lucas County Mental Health Board extends its warm appreciation to the members of its Youth Task Force for their contribution to youth and families of Lucas County.





impulsiveness

# Living in today's world can be challenging.



Growing up in it can be even tougher.



restlessness

